

# Disclaimer

**Effective Date:** September 1, 2026

**Last Updated:** September 1, 2026

Please read this disclaimer carefully before using Honey & Chi services. By accessing our website or participating in our programs, you acknowledge and agree to the following:

## 1. Nature of Services

### 1.1 Coaching is Not Psychotherapy

The coaching services provided by Honey & Chi are **not psychotherapy, mental health counseling, or psychological treatment**. Coaching is a forward-focused partnership designed to support personal development, goal achievement, and life enhancement.

#### **Key Differences:**

- Coaching focuses on present and future goals, not clinical diagnosis or treatment of mental health conditions
- Coaches are not licensed mental health professionals (unless separately credentialed)
- Coaching does not treat mental illness, trauma, or psychological disorders
- Coaching is not a substitute for therapy, psychiatric care, or medical treatment

## 1.2 Educational and Personal Development Focus

Our programs are educational in nature and designed to:

- Provide tools, frameworks, and perspectives for personal growth
- Support self-discovery and awareness
- Facilitate goal-setting and accountability
- Encourage spiritual and wellness exploration
- Offer guidance and support for life transitions

These services are intended for individuals who are:

- Mentally and emotionally stable
- Seeking personal development and growth
- Capable of making their own decisions
- Not in crisis or experiencing severe mental health issues

## 2. Reiki and Energy Work

### 2.1 Nature of Energy Healing

Reiki and energy work are **complementary wellness practices** that involve the channeling of universal life force energy to support balance, relaxation, and well-being.

#### **Important Understanding:**

- Reiki is not a medical treatment or cure for any condition
- Energy work is based on holistic and spiritual principles

- Scientific evidence for energy healing is limited and varies
- Results and experiences are subjective and individual
- Energy work should complement, not replace, conventional medical care

## **2.2 No Physical Diagnosis**

Reiki practitioners do not diagnose physical or mental health conditions. Any insights or observations shared during energy work sessions are intuitive in nature and should not be interpreted as medical diagnoses.

# **3. Spiritual Practices and Guidance**

## **3.1 Personal Spiritual Exploration**

Honey & Chi offers spiritual guidance and practices to support your personal spiritual journey. This includes:

- Meditation and mindfulness practices
- Intuitive guidance
- Spiritual teachings and philosophy
- Connection to higher consciousness
- Energy awareness and development

### **Please Understand:**

- Spiritual guidance is based on personal belief systems and intuition
- We respect all spiritual and religious backgrounds

- You are free to accept or reject any spiritual perspectives offered
- Spiritual practices are complementary to, not replacements for, professional care
- We do not claim to predict the future or guarantee specific spiritual outcomes

## 3.2 Individual Interpretation

Spiritual and intuitive information is subject to personal interpretation. You are encouraged to use your own discernment and judgment when applying spiritual guidance to your life.

## 4. No Medical Advice or Treatment

### 4.1 Not Medical Professionals

Unless otherwise stated and separately licensed, Honey & Chi practitioners are **not medical doctors, psychiatrists, psychologists, or licensed healthcare providers.**

#### **We Do Not:**

- Provide medical advice, diagnosis, or treatment
- Prescribe medications or supplements
- Recommend stopping or changing medical treatments
- Treat medical or psychiatric conditions
- Perform medical procedures
- Offer emergency medical services

### 4.2 Consult Healthcare Providers

You should always:

- Consult with qualified healthcare professionals for medical concerns
- Continue prescribed medical treatments unless directed otherwise by your doctor
- Seek immediate medical attention for emergencies
- Inform your healthcare providers about all wellness practices you engage in
- Make medical decisions in consultation with licensed professionals

## 5. No Diagnosis or Treatment Claims

Honey & Chi does **not diagnose, treat, cure, or prevent** any disease, illness, or medical condition. Our services are not intended to replace medical care or mental health treatment.

**If you have or suspect you have:**

- A medical condition
- A mental health disorder
- Chronic pain or illness
- Serious emotional distress

**Please seek care from:**

- Licensed physicians
- Psychiatrists or psychologists
- Licensed mental health counselors
- Other qualified healthcare professionals

## 6. No Guaranteed Outcomes

## 6.1 Individual Results Vary

While we are committed to providing high-quality services, we **cannot and do not guarantee specific results or outcomes.**

### Factors Affecting Results:

- Individual commitment and participation
- Personal circumstances and challenges
- External factors beyond our control
- Individual readiness for change
- Complexity of goals and situations

## 6.2 Success Depends on You

Your success in our programs depends primarily on:

- Your willingness to engage fully
- Your honesty and openness
- Your commitment to taking action
- Your personal responsibility
- Your application of tools and insights

## 7. Medication and Medical Care

### 7.1 Continue Prescribed Treatments

**Do not stop or alter any prescribed medications or medical treatments** based on coaching, energy work, or spiritual guidance without consulting your prescribing physician.

## 7.2 Inform Your Healthcare Team

We encourage you to inform your healthcare providers about all wellness practices you participate in, including coaching, Reiki, and spiritual work.

## 7.3 Medication Decisions

Only licensed medical professionals can make decisions about medications. We will never advise you to:

- Stop taking prescribed medications
- Change dosages
- Substitute wellness practices for medical treatment
- Avoid necessary medical care

# 8. Crisis and Emergency Situations

## 8.1 Not Emergency Services

Honey & Chi services are **not appropriate for crisis or emergency situations**.

**If you are experiencing:**

- Suicidal thoughts or intentions

- Thoughts of harming yourself or others
- Severe mental health crisis
- Medical emergency
- Domestic violence or abuse
- Substance abuse emergency

**Seek Immediate Help:**

**Emergency Services:** Call 911 (or your local emergency number)

**National Suicide Prevention Lifeline:** 988 or 1-800-273-8255

**Crisis Text Line:** Text HOME to 741741

**National Domestic Violence Hotline:** 1-800-799-7233

**SAMHSA National Helpline:** 1-800-662-4357

## **8.2 Scope of Services**

Our services are designed for individuals who are:

- Emotionally stable
- Not in crisis
- Capable of self-care
- Seeking personal growth and development

## **9. Participant Responsibility**

## **9.1 Your Decisions**

You are fully responsible for:

- Your own choices and decisions
- Actions you take based on coaching or guidance
- Your physical, emotional, and mental well-being
- Seeking appropriate professional help when needed
- Evaluating the suitability of our services for your situation

## **9.2 Informed Participation**

By participating in Honey & Chi services, you acknowledge that:

- You are mentally and emotionally capable of participation
- You do not have conditions that would make participation unsafe
- You will communicate any concerns or issues promptly
- You understand the nature and limitations of our services
- You will seek appropriate professional help for medical or mental health concerns

## **9.3 Disclosure of Conditions**

You agree to inform Honey & Chi of any:

- Mental health conditions or history
- Medical conditions that may affect participation
- Medications that may impact your experience
- Concerns about the appropriateness of services

## **10. Individual Results and Experiences**

### **10.1 Subjective Experiences**

Experiences with coaching, Reiki, energy work, and spiritual practices are highly individual and subjective. What works for one person may not work for another.

### **10.2 Testimonials**

Testimonials and success stories represent individual experiences and should not be understood as:

- Typical results
- Guaranteed outcomes
- Medical or therapeutic claims
- Promises of specific benefits

### **10.3 No Promises**

We do not promise or guarantee:

- Specific outcomes or results
- Healing of any condition
- Financial success
- Relationship improvements
- Spiritual enlightenment
- Life transformation (though we support your journey)

## **11. Assumption of Risk**

By participating in Honey & Chi services, you acknowledge and accept that:

- Personal growth work can be emotionally challenging
- Self-exploration may bring up difficult feelings or memories
- Change involves risk and uncertainty
- You are voluntarily choosing to participate
- You assume responsibility for your experience and outcomes

## **12. Professional Boundaries**

### **12.1 Scope of Practice**

Honey & Chi practitioners operate within their scope of training and expertise. We will refer you to appropriate professionals when issues arise outside our scope.

### **12.2 Dual Relationships**

We maintain professional boundaries and avoid dual relationships that could compromise the coaching relationship or your well-being.

## **13. Limitation of Liability**

To the fullest extent permitted by law, Honey & Chi and its practitioners shall not be liable for:

- Any decisions or actions you take
- Any outcomes or results of participation
- Any physical, emotional, or financial consequences
- Any indirect, incidental, or consequential damages

You agree to hold Honey & Chi harmless from any claims arising from your participation in our services.

## **14. Informed Consent**

By using Honey & Chi services, you confirm that:

- You have read and understood this disclaimer
- You understand the nature and limitations of our services
- You consent to participate with full knowledge of these limitations
- You accept responsibility for your own well-being
- You will seek appropriate professional help when needed

## **15. Questions and Concerns**

If you have questions about the nature of our services or whether they are appropriate for you, please contact us before enrolling. We are happy to discuss your situation and provide referrals to other professionals if needed.

## **16. Updates to This Disclaimer**

This disclaimer may be updated from time to time. Continued use of our services after updates constitutes acceptance of the revised disclaimer.

## **17. Contact Information**

For questions about this disclaimer:

**Honey & Chi**

Email: [your email]

Website: [your website]

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## **Acknowledgment**

**By using Honey & Chi services, you acknowledge that you have read, understood, and agree to this disclaimer. You understand that our services are for personal development and wellness purposes and are not a substitute for medical care, mental health treatment, or professional therapy.**

**If you do not agree with any part of this disclaimer, please do not use our services.**

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*These statements have not been evaluated by the Food and Drug Administration or any medical regulatory body. Honey & Chi services are not intended to diagnose, treat, cure, or prevent any disease or medical condition.*